



One Particular Newsletter

News from the Parrotheads of the Old Dominion

April - June 2012

www.parrothead.org

Hellooooo to all the Parrotheads of the Old Dominion! Did you miss us?

We were working hard finishing up the school year so the Editor had to take over for an issue.

But we're back now with all the club news for this spring.

As always, POD members have been busy doing good things in the club and on their own.

They're also out and about having FUN... especially, it seems, at baseball games!

Don't forget to send us your stories... we want to hear from you. Enjoy this issue, and we'll see you soon!

- Alyssa, Catie and Julia



Remembering Megan at the CFF Walk

By Julia Smith
Staff Writer

Loudoun County High School was the starting point for the annual Megan's Walk for Cystic Fibrosis on May 6. The Parrotheads of the Old Dominion once again participated in memory of Megan Stewart, a friend or classmate to some of our clubmembers. Megan succumbed to CF in 2007 at the age of 15. We walk to keep her spirit alive in the hopes that one day we won't lose friends and people we love to this disease.

The Cystic Fibrosis Foundation is a non-profit donor-supported organization that is dedicated to "attacking" CF. Nearly every CF drug available today was made possible because of CF Foundation support.

Some of the Parrotheads of the Old Dominion once again manned one of the water stations. Everyone else walked and enjoyed the day. "It was great walking in memory of Megan," said Alyssa Warner, "and I got to walk with one of my best friends."

We're still waiting on the total amount of our donation to CF... but GOOD JOB to all the club members! GO PODsters!



POD Cheers the P-Nats to a WIN on Buffett Night

By Catie Harper
Staff Writer

A hot day turned into a hot night on June 21st but still the Parrotheads gathered at Pfitzner Stadium, home of the Potomac Nationals, to watch the P-Nats "PLAY BALL!!" And why not? After all it was Jimmy Buffett Night. The Nationals were playing the Winston-Salem Dash. The P-Nats fell behind early, 4-0. But late in the game, they had a sudden burst of energy and were able to tie it up 4-4. The game went to extra innings, and it didn't take the Potomac Nationals long to bring in one more run and win the game! (Many POD members know that it was Skip Freeberg's "rally cap" that turned it around for the P-Nats. LaRee would be proud!)

POD members looked cool in the heat sporting their tie-dye POD t-shirts. Mary Harper said, "Even though it was hot, it was still a great game!". Kevin Wilshere added that he thought the game was, "P-Nat-astic!!" And our Editor, Joan Smith added, "They won in OVERTIME! How exciting is that?!?" (She obviously just came for the pretzels and cheese.) We had a great night singing to our favorite Buffett songs and cheering for the P-Nats!



TOP LEFT: POD members doing the 7th inning stretch.

TOP RIGHT: Uncle Slam pays the POD section a visit.

LEFT: POD members pose with an Uncle Slam blowup.

RIGHT: Buffett night included real parrots!

BELOW CENTER: Rob Taylor knows how to keep hydrated on a hot day!

BELOW RIGHT: POD members showing their POD colors and cheering for the home team!



Parrotheads Walk the Walk

POD MEMBERS SUPPORT CHARITIES OF ALL KINDS

Making A Difference... One Step at a Time

Lupus Now! DC Walk

By Janice Easley
Guest Writer

On Saturday, April 21st, club members Don and Janice Easley participated in The 6th Annual DC Walk for Lupus Now! Under sunny skies and balmy temperatures, Don and Janice walked with a record turnout of over 3,500 enthusiastic walkers! To date, their team has raised over \$17,000 for Lupus research, awareness and educational programs and placed 2nd in team fundraising! How did your donation make a difference?

--Support: We have continued to add new support groups throughout DC, VA and MD, one of which is geared for young professionals.

--Education: We have hosted more Lupus Summits this year to help educate patients and families. We also expanded our Patient Navigation program and emergency assistance funds.

---Research: We had more national medical grants funded this year and advocated for the first ever Congressional Lupus Caucus. This is major progress!



Lupus affects approximately 1.5 million Americans and more than 80,000 in DC, Maryland, and Virginia alone. This chronic, debilitating autoimmune disease causes inflammation that attacks the skin, joints and organs. It is not terminal or contagious, but there is no cure! Lupus patients face a daily struggle with chronic fatigue, joint pain, and numerous complications. Unfortunately, because most lupus patients don't "look sick" they often feel alone and isolated.

Don and Janice would like to express a VERY special thank-you to those club members that donated this year; your contribution directly supports those living with lupus in our community. May is Lupus Awareness Month! Join the Lupus Foundation of America and thousands of people nationwide for **Put On Purple Day**, watch for it every May.

March-ing in April

The March of Dimes - Old Town Manassas Walk



By Alyssa Warner
Staff Writer

"Team Buggaboo" came together in Old Town Manassas on April 29th to walk four miles for a great cause... the March of Dimes.

Every year half a million babies are born prematurely in the US. Premature birth is the leading cause of death among newborns; and the cause of many life-long deformities. The money raised by March of Dimes helps fund vital research that saves babies' lives. Team Buggaboo raised \$1,320 overall. I was excited to reach my goal... \$225!

Team Coordinator (and my mom), Amber Warner, said, "It was a beautiful day. We had a great team and really enjoyed walking through Old Town Manassas."

Walks are always best when shared with friends. So I was glad that one of my best friends, Julia Smith, was with me for the walk. We had a great time being together, and supporting a great cause!

POD MEMBERS GET CRABBY

By Julia Smith
Staff Writer

The scene was loud with chatter. Waiters went in, out and around as Parrotheads came to Joe's Crab Shack in Fair Lakes to support the Cystic Fibrosis Foundation. On April 22nd the Parrotheads of the Old Dominion enjoyed great food, great friends and a great sporting event as the Capitals took on the Boston Bruins in playoff hockey.

"Joe's Crab Shack has supported our Cystic Fibrosis walk for several years now. We appreciate the great job they do for us, and for our event," said event coordinator, Joan Smith. She added, "And who thought a 'Shark Attack' could be a good thing?" (referring to her blue drink which came with a shot of red liquor that is poured out of a shark's mouth and into your drink.)

The event this year saw many new faces in attendance, Janice & Don Easley, Allen & Jonel Haley and their son, Shon, and Glen Richcreek; as well as some of the usual suspects, Leza Horton, LaRee Pallone and Skip Freeberg.

Cystic Fibrosis is an inherited chronic disease that affects the lungs & digestive system. It affects about 30,000 children and adults in the United States. In the 1950's, the life expectancy for someone with CF was elementary school. Thanks to advances from research, people with CF can live into their 40's and beyond.

The Parrotheads of the Old Dominion have supported Cystic Fibrosis for many years through Megan's Walk. The fundraiser at Joe's Crab Shack is set up by General Manager and clubmember, Jerry Kyle. It has been an annual event for many years now and adds to the club's total as we raise money for our walk. This year the event raised \$366.01 for CF.

Even though the Capitals lost their game 4-3 in overtime, the big winner for the day was the Cystic Fibrosis Foundation.



... to the following club members who have birthdays in the first quarter...

APRIL

4 Janice Wolfe-Easley
11 Micki Crouse
16 James Sullivan
21 Diane Wilshire
25 Cris Fugate
27 Jennifer Hudson

MAY

13 Robert Harper
19 Sandy Reed
21 Luke Sitosky
23 Amber Warner
24 Hunter Bell
25 Jack LaMay
25 Ruth Dixon

JUNE

1 Gail Bramhall
1 Raleigh Warner
8 Forrest Roof
15 Skip Freeberg
19 Lynn Czarny
20 Joan Smith Sullivan
23 Thomas Teele
27 Deb Hummel
28 Greg Sheremeta
30 Michael Clark

Catie's Word of the Quarter



YOWZA!

Definition: "An exclamation of surprise. A word signifying approval."

Catie's Defintion: Being happy with something.

Used in a Sentence:

Julia: "Did you hear that Alyssa is having a shindig tonight?"

Alyssa: "I'm serving kartoffelpuffers."

Catie: ""YOWZA!!"

A Meeting You Don't Want to Miss

By Joan Smith Sullivan
Staff Writer

There are LOTS of reasons to attend our POD Helm Committee meetings. You get to hear all the news, help fill the calendar for the coming months, and have input on the club's management. This month, Kevin Wilshire gave us another REALLY good reason to attend the Helm meeting; he offered to host the meeting on his beautiful patio behind his house, AND a cook out after the meeting.

It was difficult to stay focused while the scent of smoked ribs and chicken wafted past our noses, but the club members at the meeting discussed many important topics including incorporation, becoming a non-profit, and Midwinter Meltdown 11. We also added new items to the calendar... watch for them!

Our next Helm Meeting will be on Saturday, September 8. Mark your calendar and join us. Every club member is welcome to attend.



The Tour of Leesburg

By Joan Smith Sullivan
Staff Writer



This year we added a new recurring event to the calendar... bi-monthly happy hours in Leesburg. And so it was that on April 11 the club members gathered at MacDowell's Brew Kitchen to celebrate the 5:00 hour and chat it up with good friends.

Rickie Nicolo coordinated this month's event. She has a personal connection to MacDowell's and thought it would be nice to bring the event there. MacDowell's is working its way through the permit process so they can brew beer on site and complete the "Beer-muda Triangle" on Harrison Street.

"It's nice to have a get together in Leesburg," said Dina Bessa, "but my favorite part is not having to cook that night." Twelve clubmembers came out, and a good time was had by all!

The next Leesburg Happy Hour will be at the Cajun Experience on August 8. Mark your calendar now!

Is This Sign Endangered?

By Joan Smith Sullivan
Staff Writer



Diane Morvay was PSYCHED!!! At the June 9 road cleanup ten club members showed up to assist. After having to cancel the March clean-up because of bad weather, the abundance of help was a welcome sight. Diane reports that it took them only one hour to complete POD's portion of Signal View Road in Manassas, and they collected eight bags of trash. A superior effort by the PODsters!!

Meanwhile, on route 15, only five club members showed up to clean a two mile stretch of road. Small numbers makes the job just a little bit harder. None-the-less... they completed the road clean-up filling about ten bags of trash in about 2 hours. Also a superior effort by the PODsters.

Many club members have been lobbying at the Helm Meetings to either eliminate the road cleanups entirely, or go down to one site. However, the two sites are positioned in our two main membership areas, Leesburg and Manassas, and they serve different purposes. The route 15 site is heavily traveled and highly visible. The Signal View Road site runs next to a park, and is more suited to participation by club members with kids. Come out and show that you support keeping our earth clean... and keeping BOTH our adopted highways. The next road clean-up will be on October 6.

SPRING FLING

By Alyssa Warner
Staff Writer

After Megan's Walk on May 6th Parrotheads gathered at the Bessa's house to continue the good time with friends. Traditionally Spring Fling has always followed Megan's Walk because club members are all keyed up after the five mile walk, and are just not ready to go home.

Bob Nicolo said, "Spring Fling was GREAT! It was held in the beautiful pool side backyard of Dina & Pete with lots of goodies and adult beverages."

Dina Bessa, the hostess with the mostest, said, "We were happy to host Spring Fling at our house and have all the Parrotheads over. Of course, there's not enough room for the Great Kickball Challenge, but maybe a dunking contest? Actually, it's great just to hang out, and enjoy good company and a beautiful day!"

Life (and your pizza) Is What You Make It

By Joan Smith Sullivan
Staff Writer



We've been having monthly Dough Raisers at Uno's for more than two years now, and yet at the April 19th event I saw something I had never seen before.

When new member Shon Haley received his order, he was given a pizza crust and all the toppings so that he could make his own pizza. What a FUN dinner! (I immediately wanted to change my order.)

Kudos to Uno's for coming up with a kids meal that is not only fun to eat... it's fun to make, AND it comes with a bib to keep the shirt clean while making the food. They've clearly thought of everything to keep kids and parents happy at mealtime.

Shon received his cooked pizza and pronounced it, "dee-licious!"

It all goes to show that LIFE, like your pizza, is what you make it.

Dough Raisers are at Uno's in Manassas on the third Thursday of every month. They run all day, just submit the Dough Raiser coupon with your bill and it counts toward our event. Uno's tallies up the receipts at the end of the day and gives our chosen charities 20% of the total. Our Dough Raiser money goes into the POD Charities Fund. Come join us!!

Things That Make Your Heart Happy...

By Joan Smith Sullivan
Staff Writer



Shon Haley was one of our winners at POD Bowling in February. But at the event I was unprepared for a young boy to win... so I promised him a prize the next time I saw him. At the CF Fundraiser at Joe's Crab Shack, I presented him with a Lego that was apparently JUST the one he wanted (who knew?) He whispered to his mother, "My heart is SO happy!"

Jonel Haley emailed me this picture the very next morning, and I had to share it, because it made MY heart happy! Great job building that Lego, Shon!



By Catie Harper, Julia Smith, and Alyssa Warner
Staff Writers

Don't forget to save the pop-tops from your sodas or food cans. We are collecting and recycling them to raise money for the Ronald McDonald House.

They are small and easy to save, so pass them along to us (Alyssa, Catie or Julia) or to our parents when you see us at POD events.

Ronald McDonald Houses help families with sick children by giving them a place to stay.

Thanks so much, we appreciate your support!



LEFT: The Bessa Clan stepping out to watch Washington Nationals on June 21. They cheered the Nats on to a 5-2 victory over the Rays. GO TEAM BESSA!!



LEFT: Fallyn Truluck picked her favorite hat to wear to "Funny Hat Day" at her school on June 26th. Her tiara lights up... but it doesn't shine as bright as Little Miss Fallyn!



ABOVE: Julia and Alyssa, 1PN Staffwriters, watched the Nationals on May 19 as they lost to the Orioles. They liked the baseball cap giveaway, but would have also liked to see a Nats win!



LEFT: Tony Two Toes Toprano clearly HATES it when Amy leaves him at Camp Grey.



ABOVE: Diane Wilshire meets Disney's newest heroine, Merida from Brave, at Disney California.



ABOVE: Joan and LaRee sport their "rally caps" hoping to spur the Nationals on to a win on May 19 against the Orioles.



Send us Your Stories!!

Have you attended a Parrothead event sponsored by another club? Have you volunteered for a special event or charity function outside of the Parrothead club? Do you have an idea for an article for the newsletter? Do you JUST have something on your mind?

Let us know what other charities and events are important to you, or what you are thinking. We'd love to include information from guest writers.

Thanks!! Alyssa, Catie and Julia

One Particular Newsletter

A quarterly publication

Staff Writers: Catie Harper, Julia Smith, Alyssa Warner

Guest Writer: Janice Wolfe-Easley

Proofreader: Amber Warner

Editor: Joan Smith

Upcoming Events:

JULY

- 1 Project SERVE - Team 1
- 4 4th of July Party at Horton's with
Care Package Collection for our Troops
- 19 Dough Raiser - Uno's, Manassas
- 21 Day on the Water

AUGUST

- 8/4 Happy Hour at Clarke's with
School Supply Collection
- 8/8 Happy Hour @ The Cajun Experience, Leesburg
- 8/16 Dough Raiser - Uno's, Manassas
- 8/18 Charles Town Races

SEPTEMBER

- 9/1 Jimmy Buffett Concert @ JLL
- 9/1 Concert Alternative Party, Leesburg
- 9/8 Helm Meeting at Granny's, Leesburg
- 9/20 Dough Raiser - Uno's, Manassas
- 9/23 Project SERVE - Team 2

Parrotheads of the Old Dominion is a nonprofit charitable organization established to provide support and assistance to the community, to maintain and improve the environment and to provide a variety of social activities for people who share an interest in Jimmy Buffett music. In the process of making new friends and having fun, we believe in leaving something positive behind. Our club is open to anyone with a tropical spirit and the desire to contribute to the betterment of our community.



Parrotheads of the Old Dominion

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